



Heads Up Football is the new standard in football, on and off the field. This standard can be achieved by implementing USA Football's new organizational membership program that focuses on Coaching Education, Concussion Awareness, Equipment Fitting and Heads Up Tackling. A key component of this program is the creation of a new position within a youth football organization called a Player Safety Coach, referred to as "PSC".

Commissioner/Organization Steps

- Nominate a Player Safety Coach
- Set up coaching membership promo code
- Register all coaches (\$5 per coach) using promo code
 - Coach members receive courses and resources
- All coaches complete Level 1 Coach Certification annually
 - New coaches take the Level 1 Course
 - Returning coaches take the Re-certification Quiz
- Maintain minimum level of league operations insurance
 - \$1 Million General Liability
 - \$25,000 Accident & Health
 - Recommended to have Directors & Officers (D&O) coverage
- Ensure Player Safety Coach completes their responsibilities

Components For Your Organization

Coach
Education

Heads Up
Tackling

Concussion
Awareness

Equipment
Fitting

To join the Heads Up Football movement, visit usafootball.com/headsup



Player Safety Coach

Requirements



Become certified by USA Football's Level 1 Coach Certification



Pass a background check



Attend a USA Football Player Safety Coach training clinic

Role

- Ensure all coaches have successfully completed the USA Football Level 1 Coach Certification course
- Conduct one Heads Up Coaches clinic for all coaches
- Conduct one Player Safety clinic for all parents and players
- Check that coaches are using approved practice plans, properly teaching Heads Up Tackling and using the Levels of Contact approach to reduce helmet contact in practices
- Observe practices. As needed, provide guidance to coaches relative to Heads Up Football's points of emphasis
- Attend games to advance Heads Up Football and player safety
- Serve as the local organization expert and point of contact for player health and safety recommendations
- Communicate organization concerns, questions and successes to your commissioner and USA Football through Player Safety Coach online dashboard

To join the Heads Up Football movement, visit usafootball.com/headsup